

FamilyLife

FITNESS

Policies and Procedures

FamilyLife Fitness is a gym for parents and their children to partake in fitness activities together, please follow these policies procedures so we can have a fun and safe environment for all.

1. Waiver and Questionnaire must be filled out to partake in a FamilyLife Fitness class.
2. You are responsible for your baby(s) and/or toddler(s) on the gym floor.
3. Appropriate gym wear and closed-toe footwear is mandatory.
4. You may bring snacks, and drinks for your kids. Please make sure to clean up all crumbs and spills that may have happened before leaving class.
5. You may bring toys, blankets etc. anything that makes baby or tot feel comfortable. You are responsible for the toys you bring.
6. Listen to your body there are always modifications to an exercise. Know your limits and know that everyone here has different fitness abilities. This is your workout no one else's.
7. Diapers must be disposed of properly. Please put into a small plastic bag before putting into the garbage.
8. Please keep your baby(s)/toddler(s) on the gym floor. We have a lot of equipment off to the sides. If your child goes off sides it could result in injury

Always have fun!

**WE ACCEPT CASH, CREDIT AND DEBIT. NO RETURNS OR REFUNDS.
PUNCH CARDS EXPIRE IN 60 DAYS FROM FIRST PUNCH
(NO EXCEPTIONS)**